



family @ linkages

NEWSLETTER

A way to connect families of children and youth with special needs in Michigan
with information, education and support



September is National Emergency Preparedness Month

None of us likes to think about emergencies, but it helps to be prepared.

The Office of Public Health Preparedness has partnered with the Michigan Family-to-Family Health Information and Education Center (F2FHIEC) since 2006 to inform and educate families and providers of children with special needs on how to prepare for emergencies.

Being Prepared for an Emergency (developed through this partnership), will assist you in creating an emergency plan for your child. It is available in Arabic, English, and Spanish. To download or order copies today visit:

DOWNLOAD:

http://www.bridges4kids.org/f2f/info_emergency.htm

ORDER:

http://www.bridges4kids.org/f2f/info_orders.htm

Here are some other tips and resources to help you create emergency plans for your child and your family.

- Fill out a **Health Information Form** for your child. Ask your child's primary care provider to fill out and sign the form. Give a copy to anyone who may take care of your child in an emergency.
- Organize contact information so you can reach your support network. The "Important People and Papers" booklet may be useful.

Make a **Disaster Plan** and a **Supply Kit** for your child and your family. Consider completing this **Personal List for a Shelter Form**, it lists equipment or devices needed and indicates if you were able to bring them to the shelter with you.

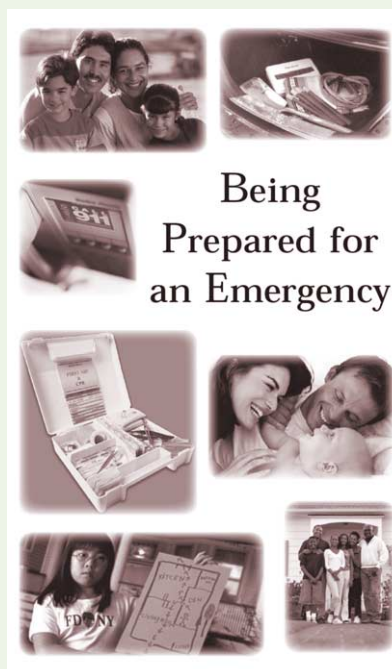
For More Information:

Local Red Cross: <http://www.redcross.org/>

Department of Health and Human Services: <http://www.phe.gov/preparedness/Pages/default.aspx>

FEMA Disaster Response Information: <http://www.fema.gov/>

Michigan Prepares: <http://www.michigan.gov/michiganprepares>



Being
Prepared for
an Emergency





► National Childhood Obesity Awareness Month

Obesity among preschool children and children of all ages has more than doubled in the U.S. over the last 30 years, becoming a leading health issue. Obese children are more likely to become obese adults. Some experts warn that this is the first generation that will have a shorter life expectancy than their parents.

Adults can model healthy behavior by being physically active and eating healthfully. What can you do to make sure that your child/young adult grows up healthy? Make sure they are:

- ➡ Physically active for at least 60 minutes per day
- ➡ Eat healthy foods like fruits and vegetables, dairy products, lean meats and whole grains
- ➡ Drink plenty of water daily
- ➡ Spend less than 2 hours per day in front of a TV or computer

For more helpful tips and resources, visit:

Michigan Health and Wellness website. Available at <http://www.michigan.gov/healthymichigan/>

Let's Move! Available at <http://www.letsmove.gov/>

Centers for Disease Control. Obesity and Overweight. Available at <http://www.cdc.gov/obesity/index.html>

Learning Disabilities Association of Michigan Healthy Children Project



Frequently Asked Questions

Why Should I Be Concerned About Toxic Chemical Exposure?

Download our latest brochure "Learning and Developmental Disabilities and Toxic Chemical Exposure: What's the Connection?" Visit <http://www.ldaofmichigan.org/EnvironmentLDConnectionBrochure.pdf>

How Can I Find Out What's In My Child's Toys and Our Household Products?

Visit <http://www.healthystuff.org> and find out today!

What Can I Do to Minimize Toxic Chemical Exposure?

Download our booklet "Clean and Green: Your Healthy Home and Family—A Guide to Avoiding Exposure to Toxic Chemicals in Your Home" (PDF). Visit <http://www.ldaofmichigan.org/cleanandgreen.pdf>

How Can I Get Involved?

Subscribe to our newsletter! To subscribe to the Healthy Children Project e-Newsletter, send a blank email to healthychildrenproject-subscribe@yahoogroups.com or visit <http://ldaofmichigan.org/healthychildnews.htm> to see the latest issue today!



September is Childhood Cancer Awareness Month

Kids get cancer too!

Childhood cancer is rare. Nevertheless, it can be devastating. About 12,060 children under age 15 in the United States, 321 in Michigan, will be diagnosed with cancer this year. The most common types of childhood cancers are of the blood cells (leukemia) and central nervous system (brain and spinal cord). Although uncommon, cancer is the second leading cause of death in children after accidental death. About 1,340 U.S. children, 52 of those in Michigan, will die from cancer this year.

Scientists continue to look for causes of cancer in children. However, we often still do not know the cause. There are factors in the environment that can cause cancer. Some genetic conditions increase the risk. Still these only explain a small amount of childhood cancer.

Early signs of childhood cancer are not always clear. Children should have regular checkups. A doctor should check out any unusual symptom that does not go away. Children who have had one cancer may have an increased risk of developing another. Some cancers are inherited. A child with an inherited condition may be at risk for other medical problems. In addition, other family members may be at risk of having the condition. Families of children with cancer should talk to their doctor about a referral to genetics services.

Good News

The chances of surviving a childhood cancer are improving. This is due to better treatment and continued research. Across the nation and the world, people are working on finding treatments and cures for cancer. Many groups offer information and support to children and their families. These resources have information about childhood cancer, including clinical trials and support groups:

American Cancer Society—Cancer in Children

Visit: <http://www.cancer.org/Cancer/CancerinChildren/index>

National Cancer Institute at the National Institutes of Health—Childhood Cancers

Visit: <http://www.cancer.gov/cancertopics/types/childhoodcancers>

National Cancer Institute's Cancer Information Service (CIS)

Visit: <http://www.cancer.gov/aboutnci/cis> or call 1-800-4-CANCER

Looking for a Good Life? Self-Determination is for Everyone!



If you are a parent of a child or a student with an intellectual or developmental disability and want to learn how you can help them think about their future, join Partners for Freedom at an all-day workshop.

You will learn how to use tools of self-determination to plan your child's future; the importance of including your child/student in the community; and how the principles of self-determination promote a meaningful life.

Workshops will be held:

September 19, 2012 from 9 AM – 3 PM at the

Disability Network, Ste 54 3600 S. Dort Hwy., Flint, MI 48503 (800) 292-7851 x114

September 21, 2012 from 9 AM – 3 PM at the

Superior Alliance for Independent Living (SAIL), 1200A Wright Street, Marquette Twp. MI 49855 (800) 379-7245

September 25, 2012 from 9 AM – 3 PM at the

University Center at Gaylord, 80 Livingston Blvd, Gaylord, MI 49735 (800) 292-7851 x114

September 27, 2012 from 9 AM – 3 PM at

Wayne State University-Oakland Center, 33737 W. Twelve Mile Road, Farmington Hills, MI 48331 (888) 978-4334

Register today for a workshop in your community.

Parents and Professionals Partnering for Children With Disabilities: A Dance That Matters



Janice Fialka, LMSW, ACSW is a nationally-recognized lecturer, author, and advocate on issues related to disability, parent-professional partnerships, inclusion, raising a child with disabilities, sibling issues, and post-secondary education. She is also a parent, poet, a compelling storyteller, and an award-winning advocate for families and persons with disabilities.

Twenty years ago, Janice established herself as a major contributor to the national conversation about parent-professional partnerships through her highly-regarded writings, keynote, and workshops titled, *The Dance of Partnership: Why do my feet hurt?* She reflects with sensitivity, humor, and compassion on the challenges facing parents and professionals as they seek to build successful working relationships on behalf of children with disabilities. Janice speaks and writes from both her unique vantage point as the mother of Micah, her adult son with an intellectual disability and as an experienced social worker of 40 years. Her writings are published widely in textbooks, journals, and family and professional publications. Janice's trainings and writings are empowering, deeply engaging, and always practical.

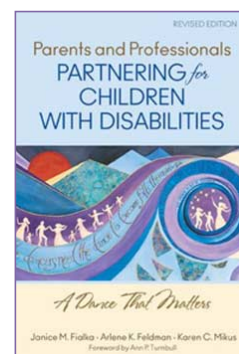
Janice's Newest Publication

Parents and Professionals Partnering for Children With Disabilities: A Dance That Matters

By Janice M. Fialka, Arlene K. Feldman and Karen C. Mikus

Foreword by Ann P. Turnbull

Written from both the parent's and the professional's points-of-view, this book is rich with stories, examples, and practical suggestions. Using dance as a metaphor, the authors provide a developmental approach to understanding and forging positive adult relationships while showing concrete ways to advocate for and with children. You can order **A Dance that Matters**, meet Janice, learn about her philosophy on parent professional partnerships, learn about her workshops and trainings, and explore her publications & DVDs by visiting www.danceofpartnership.com



The Huntington Woods Library will be hosting a conversation and book signing on Sept 20, 2012 at 7:00 PM. (The library is located at 26415 Scotia Road Huntington Woods, MI 48070). It is free and open to the public.

Autism Insurance Updates

The Autism Alliance of Michigan (AAOM) is working with the State of Michigan on educating parents, providers, insurers, and other stakeholders on the autism insurance legislation that passed to provide evidence based treatments to children with autism. This benefit goes live October 15, 2012.

The goal is to keep the lines of communication open as much as possible. Although the implementation will not be completely seamless due to the magnitude of the change, helping parents understand what the legislation covers and how to access it is very important, and helps empower parents.

The presentations provide information on what the bills mean for diagnosis and treatment, what is and is not covered by insurance, actions parents should take now to assure coverage when the bill is effective, what to communicate to insurers, who can diagnose and treat their child under the bill, and much more.

For additional information, questions, or an onsite presentation, contact Stacie Rulison, AAOM Operations Director, at stacie.rulison@aaomi.org. Also, visit the AAOM Insurance Collaborative Portal at <https://sites.google.com/site/aaominscollaborative/> for the most current information on insurance legislation and upcoming parent presentations.



Autism Alliance Statewide Calendar of Events



Ford Arts, Beats & Eats Festival:

August 31, 2012 from 10 AM–September 3, 2012 10 PM in
Downtown Royal Oak, MI 48067

The Alliance is a new sponsor in this festival

Hope Network Grand Rounds Lunch Series:

September 7, 2012 from 12 PM–1 PM at the Hope
Network Education Center, 36th St. SE, Grand Rapids,
MI 49548

20th Annual Celebration of Cycling—PEAC:

September 8, 2012 from 7:30 AM–1:00 PM at the
Warrendale Recreational Area, 158 Warrendale, Dearborn
Heights, MI 48125

OU Cares—After Hours Adult Social:

September 17, 2012 from 6 PM–9 PM at the Oakland
Center Common Area-Oakland University, 2200 North
Squirrel Road Rochester, MI 48309

Insurance Benefit Workshop for Parents Webinar

Michigan Lt. Governor Brian Calley, and Behavior
Analysis Association of Michigan (BAAM): September 18,
2012 from 12 PM–2 PM and 7 PM–8 PM. Register Online at:
Eventbrite Parent Workshops,
aaoparentworkshops.eventbrite.com/

Support Group Meeting:

September 18, 2012 from 6:30 PM – 8:30 PM at the Autism
Support & Resource Center, AKA Lighthouse Church,
5284 Fenton Road Flint, MI 48504

Aspergers Teen Social:

September 21, 2012 from 6:30 PM – 8:30 PM at the Autism
Support & Resource Center, AKA Lighthouse Church,
5284 Fenton Road Flint, MI 48504

Michigan Walk Now for Autism Speaks:

September 22, 2012 from 9:30 AM – 1:00 PM Palace of
Auburn Hills, 6 Championship Drive, Auburn Hills, MI
48326

**For more information about the Autism Alliance Contact
(313) 964-2620.**



Children's Special Health Care Services

Family Involvement and CSHCS enrollment into Medicaid Health Plans

In the fall of 2012, many people that have both Children's
Special Health Care Services (CSHCS) and Medicaid will
be asked to join a Medicaid Health Plan. Letters are
being sent to individuals impacted by this change. Join-
ing a Medicaid Health Plan does not change CSHCS
covered services.

Extraordinary effort has gone into planning for this
change to assure that CSHCS members will maintain
access to their medical providers. Many special provisions
and safeguards have been put into place to assure con-
tinuity of care. CSHCS members will be able to continue
to see their doctors. Family members of children with
special health care needs have been involved throughout
the planning for this change to assure that family per-
spectives are considered and family concerns are heard
and addressed. In addition, focus groups were held with
several families to gain additional family input and to
assure that family perspectives and concerns are fully
understood. Family members will continue to be involved
throughout this change.

Benefits to joining a Medicaid Health Plan include:

- Help finding a primary care provider
- Help arranging all medical care including
specialty, primary, and all other covered services
- Better access to transportation assistance
- Access to outpatient mental health services

Michigan's Medicaid Health Plans help improve the health
status of their members. They work with their members
to make sure they get all the services they need. This
includes regular check-ups and immunizations (shots).
The Michigan Department of Community Health and the
health plans are working together to encourage relation-
ships with providers that work with CSHCS members.
This will help members keep their current doctors.

**More information will be sent this fall to individuals
impacted by this change. If you have questions now,
please call the Family Center on the toll-free line at
1-800-359-3722 or your local health department. You
can reach your local health department by calling the
Family Center's toll free line and asking to be
connected to your local health department.**



Newborn Screening Saves Babies



Newborn Screening (NBS) finds babies with rare but serious disorders that need early treatment. NBS is a public health program required by **Michigan law**. All babies need to be tested in order to find the small number who look healthy but have a rare medical condition. These babies seem healthy at birth but can become very sick in a short time. Each year more than 200 Michigan babies are found to have a disorder detected by NBS.

Find a ten minute video about Michigan Newborn Screening and the Michigan BioTrust for Health here: [online](#).

Health care providers and educators can order a free copy in DVD format by calling 866-673-9939.

NBS Nurse Coordinator Trainings:

NBS trainings are presented by Michigan Department of Community Health staff. NBS trainings include updates and special presentations on new NBS disorders and programs. Training will be from 9:00 A.M. - 3:30 P.M. All NBS Nurse Coordinators, Birth Educators and others involved in NBS are encouraged to attend and register early.

Training dates and locations are as follows:

- | | |
|---------------------------|--|
| September 11, 2012 | Covenant Hospital, Saginaw, MI |
| September 18, 2012 | Helen DeVos Children's Hospital, Grand Rapids, MI |
| October 11, 2012 | Wm. Beaumont Hospital, Royal Oak, MI |

Please click [here](#) to register. Further information and directions will be provided following your registration. If you have any questions please contact Carole Flevaris at (517) 335-8959 or Valerie Ewald at (517) 335-8887



The Michigan Division for Early Childhood (MiDEC) is seeking families to serve on the Parent Involvement Committee. To be eligible you must be a MiDEC member.

If you are interested in becoming a member visit: www.michigandec.org.

If you are interested in serving on the committee contact Committee Chair Lisa Cook-Gordon at cook-gordonl@michigan.gov



➔ Michigan Alliance for Families Trainings: Dates/Times/Locations

Parent Mentors are currently scheduling trainings for September 2012–September 2013. Information is posted online as dates are confirmed. As always, check out our calendar of events at www.michiganallianceforfamilies.org/events to find a learning opportunity near you.

Webinar Series

Michigan Alliance for Families archived webinars from the Spring/Summer IEP Lunchtime Learning Series are now available online at www.michiganallianceforfamilies.org/webinar



➔ Early On® Trainings: Dates/Locations

September 14, 2012 • Preschool Special Education Child Outcomes — Saginaw

The objective of this training is to provide an understanding of the federal and state requirements for SPP/APR Indicator 7 (Preschool Child Outcomes.) Participants in this training will learn about the three child outcomes for preschool special education and the process for collecting and reporting outcomes to the state. Participants will practice using the 7-point rating scale, decision tree and the Child Outcomes Summary Form (COSF).

September 17, 2012 • Family Outcomes Training — Sault Ste. Marie

This new training will provide background information about the State Performance Plan (SPP) Indicator 4 with a review of the Early On® Michigan Summary Profile Data Report. Discussions will include what key quality practices have a direct impact on family outcomes. Questions to consider for possible improvement efforts will be shared with participants.

To access a complete calendar of trainings visit:
<http://1800earlyon.org/>

➔ Michigan Family-to-Family Health Information and Education Trainings DATES/TIMES/LOCATIONS

Accessing Health Care Coverage and Services For My Child

- October 15, 2012 Marquette
- October 16, 2012 Kingsford
- October 18, 2012 Gladwin

Essential Communication Skills for IEP Team Meetings

- October 29, 2012 Stanton

Everything My Child Needs to Know About Sexuality But, I Was Afraid to Tell!

- October 8, 2012 Charlotte

Helping Families Tell Their Stories

- October 23, 2012 Clinton Township
- October 25, 2012 Bay City

Looking for a Good Life!

- October 4, 2012 Menominee
- October 16, 2012 Bad Axe

What Are My Rights and Responsibilities

- October 4, Howell,
- October 9, 2012 Sault Ste. Marie
- October 11, 2012 Menominee
- October 29, 2012 Otsego

To register for trainings, visit:

<http://www.bridges4kids.org/f2f/training.htm#1>.

• UPCOMING CONFERENCES



Save the Date!

Join us for the fifth annual
Systems of Care Conference,
October 24-25

Registration opens July 16, 2012
www.impactssystemofcare.org

Registration fee: \$75
Family scholarships available
Social Work CEs available

Systems of Care Conference

Michigan: Building and Supporting Systems that Care

October 24-25, 2012
Kellogg Hotel and Conference Center
55 S. Harrison Rd East Lansing, MI 48824



Workshops Related to: Child Welfare,
Mental Health, Juvenile Justice,
Education, Youth and Families and
much more!

Hotel Accommodations:
Kellogg Hotel and Conference Center
219 S. Harrison
East Lansing, MI 48824
(517) 432-4000
www.kelloggcenter.com

\$65/night plus tax for October 23-24, 2012.
To receive discounted group rate, use
Promotional Code: BC102312

